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Breakfasts
Radford Sports Nutrition Cooking Classes
Series: Breakfast and Snacks

Banana Bread Baked Oatmeal
Makes 6 servings

Ingredients:
- 2 cups old-fashioned oats
- 1/3 cup brown sugar
- 1 tsp. baking powder
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 1 cup banana, mashed
- 1 large egg
- 1 tsp. vanilla extract
- 3 TBS unsalted butter, melted
- 2 cups milk or milk alternative (almond, soy, etc.)
- 1/2 cup nuts, chopped, for topping (walnuts, pecans, almonds)

Directions:
1. Preheat oven to 350 °F and spray an 8” square baking dish or pie plate with nonstick cooking spray.
2. Add the oats, brown sugar, baking powder, cinnamon, nutmeg, and salt in a medium bowl and stir to combine.
3. In another large bowl, whisk (or stir with a fork) together the milk, banana, egg, and vanilla. Slowly pour in the melted butter, whisking constantly.
4. Add the oat mixture into the wet ingredients and stir to combine.
5. Transfer to the greased baking dish and bake for 25 minutes.
6. Meanwhile, put the chopped nuts on a baking sheet and toast in the oven for 5 minutes. Sprinkle on top of the oatmeal when it is done!
Blender Banana Oatmeal Muffins

Makes 12 muffins

Ingredients:

- 2 cups oats (quick OR old-fashioned)
- 2 large ripe bananas
- 2 large eggs
- 1 cup plain Greek yogurt
- 2-3 TBS honey
- 1 ½ tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. vanilla extract
- 1/8 tsp. salt
- Up to 1/2 cup optional add-ins: chocolate chips, chopped dark chocolate, nuts, dried fruit, blueberries

Directions:

1. Preheat oven to 400 °F. Lightly grease a 12-cup standard muffin tin or line with paper liners. If using paper liners, grease those as well.
2. Place all ingredients but the add-ins in a blender or the bowl of a food processor fitted with steel blade. Blend or process on high, stopping to scrape down and stir the ingredients once or twice as needed, until the batter is smooth and the oats have broken down almost completely (about 3 minutes).
3. By hand, stir in the add-ins. Note: the batter may be warm from the blending process, which could melt the chocolate. You might want to let the batter cool first!
4. Divide the batter among the prepared muffin cups, filling each no more than 3/4 of the way to the top. Sprinkle with additional add-ins if desired.
5. Bake for 15 minutes, until the tops of the muffins are set and a toothpick inserted in the center comes out clean.
6. Place the pan on a wire rack (or trivets or on a cool stove) and let the muffins cool in the pan for 10 minutes.

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Breakfast Casserole

Makes 8-10 servings (you can divide into individual servings and reheat as needed for up to 5 days after baking!)

Ingredients:

- Olive oil
- 2 cloves of garlic, minced
- 3 cups fresh spinach
- 2 large bell peppers, diced (any color!)
- 1/2 medium yellow onion, diced
- Salt and pepper to taste
- 12 large eggs
- 1/2 cup milk
- 1/2 cup shredded lite cheese (any kind)
- Lean breakfast sausage (optional!)

Directions:

1. Preheat oven to 375 °F and spray a 7”x11” or 9”x13” casserole dish with cooking spray. Set aside.
2. In a large skillet over medium heat, brown the sausage (if you choose to use it). You can skip this step if the sausage is already fully cooked. Spoon the cooked sausage into the casserole dish.
3. Add about 2 tsp. olive oil to the same skillet. Sauté the garlic, spinach, peppers, and onion until the veggies are tender and the spinach is wilted, about 6-7 minutes. Season with salt and pepper during the last minute or so.
4. Add the cooked veggie mixture to the sausage in the prepared casserole dish and mix all ingredients to distribute evenly.
5. In a medium bowl, whisk (or stir with a fork) together the eggs, milk, and 1/4 cup of the shredded cheese. Pour the egg mixture evenly over sausage and veggie mixture. Sprinkle with the remaining shredded cheese and a little more salt and pepper.
6. Cover casserole dish with plastic wrap or foil and refrigerate at least 2 hours or up to 1 day.
7. Bake for ~45 minutes or until edges start to brown and eggs are set.

From the kitchen of: Radford Sports Nutrition radfordsportsnutrition@gmail.com
Microwave Egg Sandwich

Ingredients

- 1 egg
- 1 bagel or English muffin, or 2 slices of bread

Other optional add-ins (mix in with the egg or use as topping):

- 1/8 cup grated cheese
- Baby spinach, chopped
- Pinch of salt
- Pinch of black pepper
- Avocado slices
- Canadian bacon
- Tomato slices

Directions:

1. Crack egg into a microwave-safe bowl.
2. Beat the egg for scrambled eggs, or just leave it as is.
3. Add cheese, spinach, salt, pepper (optional)
4. Microwave for ~1 minute or until egg is fully cooked.
5. Toast your bread (optional)
6. Place the cooked egg between two slices of bread/bagel and top with optional add-ins.
Microwave Omelet in a Mug

Ingredients

- 2-3 egg
- 1 tbsp milk

Other optional add-ins (mix in with the egg or use as topping):

- 1/4 cup shredded cheese
- 1/4 chopped onion
- 1/4 chopped peppers
- avocado slices
- tomato slices
- 1 piece Canadian bacon, ham, bacon, sausage
- pinch of salt
- pinch of black pepper

Directions:

- Spray a microwave-safe mug with cooking spray
- Crack eggs into the mug.
- Add the milk and beat with a fork until combined.
- Microwave for 1 min.
- Add all toppings to the mug, and mix with a fork.
- Microwave for 30 sec or until eggs are cooked through.
- Eat directly from the mug or scoop out the omelet onto a plate!
- Add more toppings if desired!

Check out microwave meals at: goo.gl/b3M3DX
Microwave Baked Oatmeal

Ingredients

- 1/2 cup old-fashioned rolled oats
- 1 egg
- 1/3 cup milk
- 1/3 banana
- 2 tsp honey or maple syrup
- 1/4 teaspoon cinnamon
- 1/3 fresh or frozen blueberries

Directions:

- Spray a microwave-safe bowl or mug
- Add all ingredients into the bowl (or mug) except the blueberries.
- Mix everything together with a fork or spoon.
- Add blueberries and mix again.
- Microwave for 2-3 minutes.
- Top with your favorite nut butter or yogurt!

Check out microwave meals at: goo.gl/b3M3DX
Microwave Blueberry Muffin

Ingredients

- 1/4 cup flour
- 1 tbsp light brown sugar
- 1/4 tsp baking powder
- 1/8 tsp salt
- pinch of cinnamon
- 1 tbsp butter
- 2 tbsp milk
- 1-2 tbsp frozen blueberries

Directions:

- In a microwave-safe mug, add flour, light brown sugar, baking powder, salt, and cinnamon and mix together
- Add butter and then mix together with your hands until only small clumps remain
- Add milk and mix together with a fork until dough has formed
- Add frozen blueberries and mix.
- Microwave for 1 minute

Check out microwave meals at: goo.gl/b3M3DX
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Overnight Oats

Ingredients:

- 1/3 – 1/2 cup rolled oats
- 1/2 cup milk or milk alternative (soy, almond, etc.)

Other optional add-ins:

- Fresh fruit (sliced banana, apples, berries)
- Dried fruit (cranberries, raisins, apricots)
- Nuts (pecans, walnuts, sliced almonds)
- 1 TBS nut butter (peanut butter, almond butter)
- 1/4 tsp. cinnamon
- 1/8 tsp. vanilla extract or almond extract
- 1/2 TBS honey

Directions:

1. Combine ingredients in a small (250 mL) mason jar or container.
2. Shake until well-mixed.
3. Refrigerate overnight.
4. Grab and go in the morning! Your oats are ready. You can microwave if you’d like.
Peanut Butter & Banana Smoothie

Ingredients

- 1 frozen banana (hint – slice before freezing)
- 1-2 TBS peanut butter
- ~1 cup milk or milk alternative

Directions

1. Put all ingredients in a blender and blend until smooth. Add more or less milk/milk alternative to reach desired consistency.

Great for on-the-go, post-workout, or when you want something sweet!
Very Berry Banana Smoothie

Ingredients

- 2/3 cup frozen mixed berries
- 1/2 banana
- ~1/2 cup milk or milk alternative
- ~1/2 cup plain Greek yogurt
- 1 tsp. honey
- Handful of baby spinach (optional – an easy way to get veggies!)

Directions

2. Put all ingredients in a blender in the order listed.
3. Blend until smooth and add more milk/milk alternative to reach desired consistency.

Great for on-the-go, post-workout, or when you want something refreshing!
Dinners

Helpful Hint: You can make these dishes and have enough leftovers to eat for meals later in the week! You can also freeze leftovers (for some dishes) and pull them out when you need a quick meal.
5 Ingredient Baked Ziti
Makes 8 servings

Ingredients:

- 1 ½ lbs. lean ground beef, turkey, or chicken
- 1 tsp. garlic salt
- 8 oz. package of ziti, cooked and drained
- 28 oz. jar of your favorite spaghetti sauce (low-sodium is best!)
- 2 cups shredded lite mozzarella cheese

Directions:

1. Preheat oven to 350 °F.
2. Brown the ground meat in a skillet
3. Add the garlic salt while browning, stirring until crumbly
4. When the meat is fully cooked (brown all the way through), drain well.
5. Add the cooked ziti and spaghetti sauce, stirring well.
6. Spoon into a 13x9 inch baking dish and top with mozzarella cheese.
7. Cover with foil and baked for 30 minutes.

Pairs well with veggies like steamed broccoli or roasted asparagus with a pinch of garlic salt and pepper!
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Chicken Fried Rice

Ingredients:

- 3 boneless, skinless chicken breasts
- 1 (18 oz.) bottle of teriyaki sauce
- 3 TBS sesame oil (or vegetable oil)
- 1 cup frozen peas and carrots (thawed)
- 1 small yellow or white onion, chopped
- 2 tsp. minced garlic
- 2 eggs, slightly beaten
- 3 cups cooked brown rice
- 3 TBS soy sauce

Directions:

1. Preheat oven to 375 °F.
2. Bake chicken covered in teriyaki sauce for 35 minutes.
3. Once cooked, slice into small pieces and set aside.
4. Heat the oil in a large skillet or wok over medium-high heat.
5. Add the peas/carrots mix, onion and garlic and stir fry until tender.
6. Lower the heat to medium-low and push the mixture off to one side.
7. Pour eggs on the other side of the skillet and stir fry until scrambled.
8. Add the rice and soy sauce and blend all together well.
9. Stir in chicken and cook until mixture is heated through.
5 Ingredient Parmesan Chicken Bake

Ingredients:

- 3 boneless skinless chicken breasts
- 1 cup marinara sauce
- 4 slices OR 3/4 cup shredded cheese (provolone, mozzarella, parmesan)
- 1/4 cup Italian seasoned breadcrumbs
- 1/4 cup grated parmesan cheese

Directions:

1. Preheat oven to 350 °F.
2. Coat baking dish with cooking spray.
3. Place the chicken breasts flat on the bottom of the cooking dish.
4. Cover with the marinara sauce.
5. Put the sliced cheese / shredded cheese on top of the chicken.
6. Mix the bread crumbs and grated parmesan cheese and then spread evenly over the top of the chicken.
7. Bake for 30-45 minutes or until chicken is fully cooked.
8. Serve over hot pasta.
Chicken Parm Tenders

Ingredients

- Boneless, skinless chicken tenders
- 1 egg
- Italian breadcrumbs
- Parmesan cheese
- Marinara sauce

Directions

1. Preheat oven to 350 °F.
2. Line a baking sheet with aluminum foil & coat with cooking spray.
3. Beat the egg in a shallow dish.
4. Pour ½ cup of the breadcrumbs into another shallow dish and add ¼ cup of the parmesan cheese.
5. Coat each chicken tender in egg, then coat with the breadcrumb & cheese mixture and place on the baking sheet.
6. Bake for 25 minutes or until the chicken is fully cooked (no longer pink in the middle).
7. Serve with marinara sauce.
8. Add a carbohydrate and some kind of vegetable or fruit to make it a full meal!
3 Ingredient Crockpot Taco Chicken

Makes 2-4 servings

Ingredients:

- 3-4 boneless skinless chicken breasts
- 1 (16 oz.) jar of your favorite salsa
- 1-2 TBS taco seasoning (from the packet)

Directions:

1. Mix together the jar of salsa and taco seasoning in a bowl until well blended.
2. Place 3-4 chicken breasts in your slow cooker with the mixture.
3. Cover and cook on HIGH for 4 hours, or on LOW for 6-8 hours.
4. Shred the chicken with a fork and serve!

Ways to use this taco chicken:

- In tacos
- In burritos
- On top of a salad
- In a burrito bowl
- In a wrap
- By itself, paired with some kind of carb and veggies

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Slow Cooker Garlic Parmesan Chicken and Potatoes

Ingredients:

- 8 bone-in, skin-on chicken thighs
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/4 tsp. dried rosemary
- Salt and pepper to taste
- 2 TBS unsalted butter
- 2 lbs. baby red potatoes, quartered
- 2 TBS olive oil
- 4 cloves garlic, minced
- 1/2 tsp. dried thyme
- 1 cup parmesan cheese
- 2 TBS chopped fresh parsley (optional)

Directions:

1. Season chicken with basil, oregano, rosemary, salt and pepper, to taste.
2. Melt butter in a large skillet over medium high heat. Add chicken, brown skin-side down, and sear both sides until golden brown, about 2-3 minutes per side. Drain excess fat and set chicken aside.
3. Place potatoes into a 6-quart slow cooker. Stir in olive oil, garlic and thyme; season with salt and pepper to taste.
4. Add chicken to the slow cooker in an even layer.
5. Cover and cook on LOW for 7-8 hours or on HIGH for 3-4 hours, or until the chicken is cooked through.
6. Sprinkle with parmesan cheese and garnish with parsley (if desired) and serve!
Crockpot Honey Garlic Chicken

Ingredients:

- 1/3 cup honey
- 1/3 cup soy sauce
- 1/3 cup fresh lemon juice
- 4 garlic cloves, minced
- 1/4 cup flour
- 1 TBS quick-cooking tapioca
- 1 ½ - 2 lbs. boneless, skinless chicken thighs OR bone-in chicken OR boneless, skinless chicken breasts
- Broccoli

Directions:

1. Wash chicken and pat dry.
2. Dredge the chicken in flour (cover it in flour), and place in the slow cooker.
3. Combine honey, soy sauce, lemon juice, garlic, and tapioca in a small bowl. Pour over chicken.
4. Cover slow cooker and cook on LOW for 3-5 hours, or until chicken is cooked through.
5. Serve chicken, broccoli, and sauce over brown rice.
Slow Cooker Lemon Garlic Chicken
Makes 4-6 servings

Ingredients:
- 1 tsp. dried oregano
- 1/2 tsp. seasoned salt
- 1/4 tsp. freshly ground black pepper
- 2 pounds (960 g) boneless skinless chicken breast halves
- 2 TBS unsalted butter
- 1/4 cup water
- 3 TBS freshly squeezed lemon juice
- 2 garlic cloves, peeled and minced
- 1 tsp. chicken bouillon granules (from a packet)
- 1 TBS minced fresh parsley

Directions:
1. In a small bowl, combine dried oregano, garlic, seasoned salt, and black pepper. Mix well and rub chicken breasts with mixture.
2. Heat unsalted butter in a large nonstick skillet. Brown the chicken breasts (coated in oregano mixture) in the skillet with the butter.
3. Using a slotted spoon, transfer the chicken to a slow cooker.
4. Pour water, lemon juice, and bouillon granules in the same skillet.
5. Bring to a boil over high heat, loosening browned bits from skillet.
6. Pour boiled lemon mixture over chicken.
7. Cover slow cooker and cook on LOW heat setting for 4-5 hours.
8. Add parsley and baste chicken.
9. Cover slow cooker and cook on HIGH for additional 15-30 minutes or until chicken breasts are tender.
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Crockpot Barbeque Ribs

Ingredients:

✧ About 5 lbs. of baby back ribs
✧ 2-3 cups barbeque sauce
✧ 2 TBS brown sugar
✧ 2 TBS paprika
✧ 1 TBS salt
✧ 1/2 TBS black pepper

Directions:

1. Mix dry ingredients together and rub the mixture on the meaty side of the ribs.
2. Place the ribs in your slow cooker with the meaty side of the ribs facing the inside wall. The rib rack should curve with the wall of the crockpot.
3. Completely cover all sides of the ribs with the barbeque sauce.
4. Put the lid on and set your slow cooker on LOW for 6-8 hours. You’ll know the ribs are done when the meat starts falling off the bone.
5. Optional: once finished, broil the ribs in the oven for about 5 minutes to further caramelize the barbeque sauce.

From the kitchen of: Radford Sports Nutrition  radfordsportsnutrition@gmail.com
Garlic Chicken Stir Fry

Ingredients:

- 1 pound boneless skinless chicken breast, cut into 1 inch cubes
- 4 cloves of garlic, minced (or use 1/2 tsp. garlic powder)
- 1 TBS + 1 tsp. vegetable oil, divided use
- 1 cup broccoli florets
- 1 cup mushrooms, halved
- 1 yellow bell pepper, sliced
- Salt and pepper to taste
- 3/4 cup chicken broth
- 1 ½ tsp. sugar
- 1 TBS soy sauce
- 2 tsp. sesame oil
- 2 tsp. cornstarch

Directions:

1. Place 1 tsp. of oil in a large pan and heat over medium high heat.
2. Add the broccoli, mushrooms, and bell pepper to the pan. Cook for 5-6 minutes or until vegetables are tender.
3. Remove the vegetables from the pan; transfer to a plate and cover with foil to keep warm.
4. Wipe the pan clean with a paper towel, then heat the remaining tablespoon of oil over high heat.
5. Add the chicken to the pan in a single layer and season with a pinch of salt and pepper.
6. Cook for 3-4 minutes per side, or until the chicken is cooked through.
7. Lower heat to medium, add the garlic and cook for 30 seconds.
8. Add the vegetables back to the pan.
9. In a small bowl, whisk together the chicken broth, sugar, soy sauce, sesame oil, and cornstarch.
10. Pour the sauce over the chicken mixture and bring to a simmer.
11. Simmer for 1-2 minutes or until sauce has just thickened.
12. Serve with steamed brown rice.
Homemade Pizza Dough
Makes 2 medium pizzas

Ingredients:

- 1 cup water, heated to ~110 degrees (very warm, almost too hot for comfort)
- 1 TBS sugar
- 1 TBS olive oil
- 1 envelope (2 ¼ tsp.) rapid-rise or instant yeast
- 2 ¾ cups white whole wheat flour OR regular whole wheat flour
- 1/4 cup grate parmesan cheese
- 1 tsp. sea salt

Directions:

1. Preheat oven to 500 °F with a rack in the upper third of the oven.
2. Whisk water, sugar, oil, and yeast in a liquid measuring cup or small bowl. Allow yeast to proof for 5 minutes. It should puff up some by then.
3. Pulse flour, parmesan, and salt in food processor until combined. While running the food processor, slowly pour in the water mixture and process until a shaggy ball forms, about 1 minute.
4. Dump the dough onto a floured work surface and quickly knead a few times until it comes together. Halve the dough.
5. On a floured surface, use a rolling pin to roll dough into two rounds about 11 inches in diameter. For best results, roll the dough out about as thin as reasonable possible. Aim for even thickness rather than a perfectly round shape.
6. Transfer dough to a baking ban (grease the pan with cooking spray if it is not nonstick).
7. Add sauce, cheese, and any other toppings.
8. Bake on the top rack until the crust and cheese are lightly golden, rotating halfway, about 10 minutes for cheese pizza and 12 minutes for pizza with additional toppings.
9. Sprinkle with fresh basil if desired and serve!
Homemade Pizza

Ingredients:

- 1 premade whole wheat pizza crust
- 1/2 – 1 cup of favorite marinara sauce
- 1 cup shredded cheese

Other optional toppings:

- Sliced veggies (peppers, tomatoes, broccoli, mushrooms, olives, etc.)
- Grilled or baked chicken
- Pepperoni slices, crumbled sausage, or Canadian bacon
- Basil

Directions:

1. Preheat oven as directed on pizza crust packaging.
2. Spread desired amount of sauce on crust.
3. Sprinkle cheese evenly around the pizza.
4. Top with additional veggies and/or meat if desired.
5. Bake according to directions on pizza crust packaging.

Pair with veggies or protein if you did not include any as toppings!
Quinoa Mac & Cheese

Ingredients:
- 1 ½ cups quinoa (rinsed and drained)
- 2 cloves minced garlic
- 2 large eggs
- 1 cup skim or 1% milk
- 1 ½ cups shredded lite cheddar cheese (or preferred type of cheese)

Other optional add-ins:
- Crushed red pepper
- Panko bread crumbs for topping

Directions:
1. Preheat oven to 350° F.
2. Coat a 13x9 inch dish with cooking spray.
3. Combine 3 cups water with 1 ½ cups quinoa in a pot (2 parts water to 1 part quinoa).
4. Follow cooking instructions on quinoa packaging.
5. Set quinoa aside.
6. Whisk together eggs and milk in a large bowl.
7. Fold in quinoa and cheese, stirring well and letting some of the cheese melt.
8. Transfer mixture to prepared baking dish (if using panko bread crumbs, add those now) and bake for 30-35 minutes.
Simple Roasted Veggies

Directions:

1. Choose your favorite vegetables – broccoli, cauliflower, zucchini, squash, Brussels sprouts, carrots, asparagus, etc.
2. Wash your veggies.
3. Slice into bite-sized pieces
   a. For broccoli and cauliflower, cut into small florets.
   b. For zucchini and squash, slice into 1/2 inch pieces.
   c. For Brussels sprouts, cut into halves.
   d. For carrots, slice into 1/4 inch pieces.
   e. For asparagus, cut off ~1 inch of the white end.
4. Season with 1 TBS olive oil, a pinch of salt, pepper, and garlic powder.
5. Place on a baking sheet lined with aluminum foil.
6. Bake at 350 °F for ~15-20 minutes or until veggies have reached desired tenderness.
   a. For carrots, you might need to bake a little longer, closer to ~40 minutes.

Serve with protein and carbs to make a full meal!
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Teriyaki Shrimp Broccoli Stir Fry
Makes 3 servings

Ingredients:

Sauce:
- 1 tsp. minced garlic
- 1 tsp. minced ginger
- 1/4 cup light soy sauce
- 3 TBS honey
- 1/2 tsp. red pepper flakes
- 2 tsp. cornstarch
- 1 cup water

Stir Fry:
- 1 TBS vegetable oil
- 3 garlic cloves, finely chopped
- 1 head of broccoli, cut into florets
- 1 cup mixed vegetables (thawed from frozen OR fresh)
- 500 grams large shrimp
- Salt to taste

Directions:

1. Mix together all ingredients under “Sauce” and set aside.
2. Heat half the oil in a wok or pan.
3. Add the chopped garlic to the pan and saute for a minute.
4. Add shrimp and stir fry on high heat for 2-3 minutes (until it starts turning pink).
5. Add the broccoli and other vegetables and stir fry for 2-3 minutes.
6. Once the shrimp is cooked through and the veggies are tender, add the sauce and keep stirring until it comes to a boil.
7. Add a little more water if the sauce is too thick.
8. Simmer for a minute or two.
9. Serve with brown rice or whole wheat pasta.
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Healthy Turkey Chili
Makes 6 servings

Ingredients:

- 2 tsp. olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 TBS chili powder (less if too spicy)
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- 1/4 tsp. cayenne pepper
- 1/2 tsp. salt
- 1 (28 oz.) can diced tomatoes
- 1 ⅔ cups low sodium chicken broth
- 2 (15 oz.) cans dark red kidney beans, rinsed and drained
- 1 (15 oz.) can sweet corn, rinsed and drained

Optional toppings: cheese, avocado, tortilla strips, cilantro, sour cream

Directions:

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic, and red pepper and sauté for 5-7 minutes.
2. Next add in ground turkey and break up the meat. Cook until no longer pink.
3. Add chili powder, cumin, oregano, cayenne pepper, and salt. Stir for about 20 seconds.
4. Add tomatoes (the whole can – not drained), chicken broth, kidney beans, and corn.
5. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens a little.
6. Taste and adjust seasonings as necessary.
7. Serve and top with anything you’d like!
Microwavable Chicken Fajitas

Makes 5 servings

Ingredients:

- 1 red bell pepper
- 1 green bell pepper
- 1 onion
- 1 fajita seasoning packet
- 1 package raw chicken tenders
- Any additional toppings desired

Directions:

1. Cut the top off of the peppers, core out the inside, and cut into slices lengthwise.
2. Remove the top layer of the onion and then cut onion into slices lengthwise.
3. Add peppers and onions into a microwavable safe bowl, add half of the fajita seasoning, and mix together.
4. Place the chicken tenders on top of the peppers and onions, add the other half of the fajita seasonings, and mix together.
5. Cover the bowl with a plate or microwavable safe top and microwave for 15 mins
6. Check to make sure the chicken is done (no pink remains!) If it is not, microwave on 2 minute increments
7. Add to a whole-wheat tortilla and/or add additional toppings if desired!

Check out microwave meals at: goo.gl/b3M3DX
Microwavable Stuffed Peppers
Makes 4 servings

Ingredients:

- 1 lbs. lean ground beef, turkey, or chicken (90% lean or above)
- 2 medium peppers
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp cayenne pepper (optional)
- 2 tbsp water
- 1/4 cup reduced fat cheese or marinara sauce

Directions:

1. In a bowl, season the meat with the spices and mix together (feel free to use any combination of seasonings that you like! Those above are just suggestions).
2. Cut the bell peppers in half length-wise and cut out the insides. Place bell pepper half in a microwavable safe bowl.
3. Add water to the bowl.
4. Add ¼ of the meat (~4 oz) to the inside of the pepper.
5. Microwave the stuffed pepper in the bowl for 3 min and 30 secs.
6. Top the pepper with cheese or marinara sauce.
7. Microwave for 1 minute
8. Top with any additional toppings!

Check out microwave meals at: goo.gl/b3M3DX

From the kitchen of: Radford Sports Nutrition radfordsportsnutrition@gmail.com
Microwave Vegetarian Burrito Bowl

Ingredients:

- 1 cup microwave cooked brown rice
- 1/2 cup black beans
- 2-3 tbsp salsa
- 1 tbsp greek yogurt
- 1 tbsp shredded cheese of your choice
- 1 avocado, diced

Directions:

1. Microwave brown rice per instructions on package
2. In a microwave-safe bowl, add all ingredients except the avocado and mix well.
3. Microwave for 30-60 sec until done
4. Add avocado and any other toppings desired!

Check out microwave meals at: goo.gl/b3M3DX
Microwave Steamed Veggies

Ingredients

- Fresh veggies of your choice!
- Broccoli, cauliflower, zucchini, yellow squash, Brussels sprouts, carrots, peppers, etc.

Directions

1. Cut veggies into desired size.
2. Place cut veggies into a microwave-safe bowl with a few tablespoons of water.
3. Microwave for 5 minutes. Add more time to reach desired texture.
4. Season with salt, pepper, garlic powder, or other spices.

You can also purchase frozen veggies and microwave them according to the package instructions!
Microwave Sweet Potato

Ingredients

- 1 sweet potato
- Sweet: cinnamon, honey, vanilla Greek yogurt as toppings
- Savory: 1 tsp butter, rosemary

Directions

1. Wash sweet potato and wipe off any dirt.
2. Poke a few holes in the potato with a fork.
3. Wrap potato in a damp paper towel and microwave in 3-minute increments until it reaches the desired tenderness.
4. Top with cinnamon, honey, and/or a dollop of vanilla Greek yogurt for a sweet version of this dish.
5. Top with a little bit of butter (1 tsp. or less) and rosemary for a more savory version of this dish.
6. If you allow the potato to stay a little firm (rather than cooking until it is soft), you can slice into medallions and serve this way!